

IDS-TILDA SUMMER NEWSLETTER 2023



GREETINGS FROM PROFESSOR MARY MC CARRON, PRINCIPAL INVESTIGATOR & THE TEAM

We are delighted to have now completed the IDS-TILDA Wave 5 interviews and health fair. In all, 762 participants were interviewed, many of whom also took part in the IDS-TILDA Health Fair. Some of our participants are new to IDS-TILDA. A total of 180 participants joined the study as part of our drive to recruit more participants for Wave 5.

We hope that you all enjoyed taking part in Wave 5 of IDS-TILDA and we were delighted to meet so many of you. A big thank you to everyone who took part and also to family members, staff and service providers who gave their time to support the study.

We are now examining the information we collected and will share our findings with you before Christmas. As always, your involvement has been central to the ongoing success of IDS-TILDA.

I hope that you, your family and friends enjoy the rest of the summer. Thank you for your continued support.

IDS-TILDA HEALTH FAIR WAVE 5

Wave 5 of IDS-TILDA has just ended with the final assessments in the health fair on June 30th 2023. The health fair included 24 health measures such as blood pressure, bone strength measurement, hearing assessment, oral health assessment, height and weight to name but a few. The differences in health experiences and challenges in communication faced by people with an intellectual disability means that they may need different approaches to healthcare. Meaningful involvement of people with an intellectual disability was possible in the health fair through collaboration and reasonable adjustment. This is shown in the many people who came along to the Trinity Centre for their assessment.

We were delighted to welcome Mr Fintan Kelly who was our 500th participant, what a great success.



Left to right: Ms Mary Carroll, Ms Jean Moynihan, Mr Fintan Kelly, Mr Fergal Guihen

Even though Fintan did not know he would be participant number 500 he had brought along a gift of his artwork. What a generous and wonderful surprise for the team to mark the celebration.

The Wave 5 health fair successfully engaged over 500 participants - what a tremendous success. Of course, this would not be possible without, our advocacy groups who reviewed our methods, those with life experience of intellectual disability who did the pilot test, the trained experienced nurses who ensured people's experience was the best it could be and all the participants who gave up their time to come along, get their health assessment done and contribute to making the lives of adults with intellectual disability the best it can be. Thank you one and all.



GAVIN DANN: WINNER OF DEAN OF HEALTH SCIENCES AWARD FOR PROFESSIONAL & SUPPORT STAFF

Congratulations to Gavin Dann, TCAID Administrative Officer, who won the 'Leading by Example' category in the recent Dean of Health Sciences Awards for Professional & Support Staff.

This was an extremely competitive process with over 50 nominations from the various Schools in the Faculty of Health Sciences, and from hospitals and health care providers linked to TCD. Not only was Gavin the overall winner of this category, but he was also nominated and shortlisted in three other categories - Innovations with Impact, Exemplary Performance and Positivity Champion.

The award recognises the way Gavin leads by example and encourages a working environment where all team members feel included, valued and motivated. Gavin demonstrates empathy and kindness for colleagues who need additional supports, highlighting and communicating the importance of diversity and inclusion in TCAID on our website and social media channels. Well done, Gavin!



Left to right: Dr Eimear McGlinchey, Mr Michael Foley, Mr Gavin Dann, Prof Mary McCarron

RESEARCH FOCUS - EQUIP STUDY

EQUIP (Examining Quality, Use and Impact of Psychotropic (Use) in older adults with intellectual disabilities) is a TCAID project in collaboration with the HSE National Clinical Programme for People with Disability (NCPDD), the Faculty of Learning Disability in the College of Psychiatrists of Ireland, clinicians and patient stakeholders. This represents an exciting opportunity to improve psychotropic medicine use and reduce harm from the use of psychotropics for older adults with intellectual disabilities. The study uses health and medication data from ten years (four waves) of the IDS-TILDA study and medicines data from the HSE-PCRS prescribing database to examine the long-term side effects of these medicines and if a move to the community meant a reduction in medicines. EQUIP will work with the NCPDD and the College of Psychiatrists to develop guidelines on prescribing psychotropic medicines as well as planning of an easy read medicine management tool to educate and empower older people with intellectual disabilities who take medicine.



Left to right: Dr Eilish Burke, Ms Lorraine Keating

'I'm an EQUIP Steering Committee Member and independent advocate. I have the chance to make sure the study knows what it is like to take a lot of tablets and it's important for people to know side effects, to know the correct dosage and have accessible support to know what medications to take.'

- Ms Lorraine Keating, PPI Advocate and Steering Committee Member

Save the date

Launch of the Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing (IDS-TILDA) Wave 5 Report
Tuesday, 28th November 2023 at 10:30am - 14:00pm at a Dublin City Centre Location.

R.S.V.P Gavin Dann danng@tcd.ie

You can reach the IDS-TILDA Team at:

Phone: (01) 896 3186 or (01) 896 3187

Email: haighm@tcd.ie

Website: <http://www.idstilda.tcd.ie/>

Twitter: [@idstilda/@ageingwithID](https://twitter.com/idstilda)

Address: IDS-TILDA, Trinity College Dublin, Chemistry Extension, Lincoln Gate, Dublin 2